**Assignment: Decision Making Skills**

**Scenarios: Goal-setting** - Your goal is to make the school track team. To do that, you feel you need to run afterschool every day. Two friends, Cesar and Erin, constantly put down your efforts. They make fun ofyou for practicing, for working hard. One afternoon, they walk up just as you are getting ready foryour run. They laugh together about you, and then say they are going to the park to hang out, andask you to join them. How do you make your decision?

1. Identify the problem. What decision do you have to make?

Ans- The problem is that some people are trying to distract me when I am trying to work hard to achieve it. I think I should focus on my goal and be more determine about that so nothing and nobody can distract me from achieving it.

2. List the options. What possible actions could you take?

Ans- There are two possible options either I can confront them and tell them how much this is important to me and explain them that it is not at all easy to achieve that or else let them do what they are doing i.e making fun of me because it is not necessary to explain everyone what you want to do and why. I would work hard in silence and my success will show them how wrongly they treated me.

3. Weigh the consequences. List the pros and cons of each option.

4. Consider your values. What is important to you?

Ans- My self respect is very important for me but it does not mean that I will indulge in some fight just to prove my self right , I would rather work hard and focus on what I want because people will judge you at every step of your life but its up to us whether we want ourself to get affect from that or not.

5. Decide and act. Describe what you will do. Explain your decision.